

### **Listing of the Claims**

The following listing of claims will replace all prior versions and listings of the claims in the application:

1. (Canceled)
2. (Canceled)
3. (Canceled)
4. (Canceled)
5. (Canceled)
6. (Canceled)
7. (Canceled)
8. (Canceled)
9. (Canceled)
10. (Canceled)
11. (Canceled)
12. (Canceled)
13. (Canceled)
14. (Canceled)

15. (New)      An alarm clock comprising:  
                  an alarm clock controller electrically connected to an electrical power source;  
and  
                  at least one electrical connector electrically coupled to the alarm clock  
controller, wherein said alarm clock controller includes a circuit operable to switch  
electricity on and off to the at least one electrical connector.

16. (New)      The alarm clock of claim 15, further comprising a heat level controller  
electrically connected to the alarm clock controller and the at least one electrical  
connector.

17. (New) The alarm clock of claim 16, wherein the heat level controller is adjustable to vary a flow of electricity to the at least one electrical connector when the electricity is switched on to the at least one electrical connector.

18. (New) The alarm clock of claim 15, further comprising at least one heating device electrically coupled to the at least one electrical connector.

19. (New) The alarm clock of claim 18, wherein the at least one heating device includes at least one of a heating pad or an electrically heated blanket.

20. (New) The alarm clock of claim 18, wherein the heating device further includes one or more electrical switches operable to connect electricity to corresponding one or more zones of the heating device.

21. (New) The alarm clock of claim 15, wherein the alarm clock controller includes a circuit to manually switch the at least one electrical connector for a period of time.

22. (New) The alarm clock of claim 15, further comprising sensors operable to detect a presence of a user, and wherein the at least one electrical connector is deactivated when the user is not present.

23. (New) The alarm clock of claim 22, further comprising:

logic for monitoring the sensors;

logic for recording a time between the activation of the at least one electrical connector and a detected absence of the user; and

logic for adjusting an activation time of the at least one electrical connector based on an average time a user wakes after the activation of the at least one electrical connector.

24. (New) A thermal alarm clock comprising:

an alarm clock controller;

a heat level controller in electrical connection with the alarm clock controller;

at least one heating device electrically connected to the alarm clock controller;  
and

wherein said alarm clock controller activates and deactivates said at least one heating device by switching electricity on and off to said at least one heating device.

25. (New) The thermal alarm clock of claim 24, wherein the at least one heating device wherein the at least one heating device includes at least one of a heating pad or an electrically heated blanket.

26. (New) The thermal alarm clock of claim 24, wherein the heating device further includes one or more electrical switches operable to connect electricity to corresponding one or more zones of the heating device.

27. (New) The thermal alarm clock of claim 24, wherein the heat level controller includes a circuit operable to variably adjust a flow of electrical power to the at least one heating device when the alarm clock controller activates the at least one heating device.

28. (New) The thermal alarm clock of claim 24, wherein the alarm clock controller includes a circuit to manually activate the at least one heating device for a period of time.

29. (New) The thermal alarm clock of claim 24, further comprising a plurality of sensors operable to detect a presence of a user, and wherein the at least one heating device is deactivated when the user is not present.

30. (New) The thermal alarm clock of claim 29, further comprising:

logic for monitoring the sensors;

logic for recording a time between the activation of the at least one heating device and the absence of a user; and

logic for adjusting the activation time of the at least one heating device based on an average time a user wakes after the activation of the at least one heating device.

31. (New) The thermal alarm clock of claim 24, wherein the alarm clock controller includes at least one electrical connector and the at least one heating device is electrically connected to the alarm clock controller through the at least one electrical connector.

32. (New) A method for waking a user comprising:  
selecting an initial activation time in an alarm clock controller; and  
activating at least one heating device at the in initial activation time, the at least one heating device being electrically coupled to the alarm clock controller.

33. (New) The method of claim 32, wherein the at least one heating device includes at least one of a heating pad or an electrically heated blanket.

34. (New) The method of claim 32, wherein the heating device includes a plurality of electrical switches operable to connect electricity to corresponding zones of the heating device.

35. (New) The method of claim 32, further comprising varying a flow of electricity to the at least one heating device when the alarm clock controller activates the at least one heating device.

36. (New) The method of claim 32, wherein the at least one heating device is activated for a preselected period of time at the initial activation time.

37. (New) The method of claim 32, further comprising manually activating the at least one heating device for a preselected period of time.

38. (New) The method of claim 32, further comprising detecting a presence of a user.

39. (New) The method of claim 38, wherein the at least one heating device is deactivated if the user is not present.

40. (New) The method of claim 38, further comprising:

selecting a wake time occurring after the initial activation time;  
determining an average time between the initial activation time and a detected absence of the user;  
automatically selecting a subsequent activation time of the at least one heating device based on the average time between the activation time and the detected absence of the user.